

Alana Shaw:

Let's begin just stretching and moving a little and see if you can find your body in the midst of these days that we're all doing- long full days, just letting our bodies open to this moment that we're in and make room for change and new possibilities. Being "fluidy" in the moment, present and easy. Reaching up into Tan Chien. Maybe make a little sighing sound. Channel the love from the great mother up there right into your body. All the way down into your feet. Just staying there with your eyes closed if you're comfortable with that and letting your arms relax and drop into that quiet space. And for a moment, let go of every idea of who you are, who you have decided to be up to this moment and be as you are right now.

Alana Shaw:

No image of yourself. Letting it all go. Opening to your true self. Just be free for a minute. Free of all the ways in which we hold ourselves. Letting your energy rest, letting your whole being feel nourished and restored. Resting deeply into that you are. (silence).

As other thoughts come in, just let them float away for another moment and just be free. Be right in this moment. Yeah.

And taking a deep breath, we're going to do check in groups with groups of three. And Abby, maybe you and I would be together so we could have three groups of three. And what we're going to do is we're just going to come together in your trio and just be quiet for a few moments and put your hands on your heart and see if through the Zoom world you can create a heart field together.

Alana Shaw:

So, we know that through the heart rate, we can access everything. Intuition, intuitive wisdom, emotional resiliency, flexibility, empathy, creativity, compassion, courage. Everything we need we can access through the heart rate. So, let's put our hearts together in that trio and make that heart field, which means all the wisdom of each of those three hearts is combined in that electromagnetic connection in the middle. Being quiet with that for a moment, see what wants to happen with the three of you. Maybe somebody will start seeing. Maybe somebody will start moving. Maybe somebody will reach out to you. Maybe you'll stay quiet. Maybe something will come from outside that we didn't expect. Maybe you'll hear something. Whatever wants to happen now.

Alana Shaw:

So, you're in the moment with the heart field and see what the three of you create together from that heart field that is nourishing and feels good. So you can check in with words or no words, movement, sound, song or a combination of all those. And if somebody speaks and somebody else doesn't want to speak that's okay too. Just see what wants to happen now in your little trio. Does that feel okay to everybody? Great. It's probably the most valuable skill we can generate in our lives. And certainly, as a coach, the less agenda we have and the more we're in the moment, the easier our lives will be. All right. Enjoy this. We'll do about four minutes, which is a long time. Enjoy how it flows.

Okay. How was that?

Hollylew:

It was lovely.

Perry Smith:

Very peaceful.

Hollylew:

Yeah.

Anna:

Yeah. Relaxing.

Heather Bunch:

But when I had a vision in my head of this energy clearing I used to do with the theater troop I was a part of, and then Suzanne started doing the movement and it just made me think of that energy clearing. Yeah. It was pretty bizarre. Yeah.

Suzanne Palmer:

That's crazy. I thought I was starting a hand dance. Sort of what it turned into.

Hollylew:

It did kind of.

Alana Shaw:

Well, that's very wise what you're saying because all these things are so universal. There's so many different paths to the same place, right? And all different people like us who have taken things they learned from other people and turned them into their own but they're all very similar in some ways. Well, Abby, I'm thinking one of the things we could put in the notebook is just morning practices and where to find them in "The Body Now" book. We're doing a lot of them and that would just be a way to remember them. One really beautiful morning practice that relates to this heart field and relates to what we were talking about when we ended last time, which was the issue of container. How do we create a healthy, loving, safe, energetically vital container around our own beings?

Alana Shaw:

And then how do we facilitate others in creating that healthy, vital, loving, protected container around themselves so that they can move out onto the earth with a sense of confidence and way less fear? Because what we really want to do in our own bodies and for everybody we're working with is reduce the fear because that's the root of all suffering, right? So one morning practice that's really lovely is to check in with your heart in the morning. Because, sometimes we wake up with something in a dream or something that happened the day before has caused us to close our hearts. And so a beautiful morning practice can be, I wonder if my heart is open. If I need to love something in me and love something outside me that I haven't given enough love. And so, let some love come into me, feel somebody loving me.

Alana Shaw:

This is an energetic clearance of a different sort, right? If I feel even a little bit of contraction or stillness, that's what contraction is in my heart, in the morning, I start to move and breathe and think about who I

love and who loves me and what loving energy I could put on the earth and just come back to my heart practice. And that immediately throws a container around my body. You can feel it. We've done it several times. If you put your hand on your heart and breathe in and out through your heart and feel the love around you, in you, for you, for others, suddenly you're just in a little bubble. You're in this beautiful, really safe place. There is no danger that can reach you in that place. It's sacred space and it's available in 10 seconds. That's what's so amazing. You can go there in 10 seconds and by 30 seconds you're immersed.

Alana Shaw:

By a minute your whole life is opened up to you. Yes, one minute. So it's a beautiful morning practice to play with your version of that. So, I want to go just a little bit more with the container before we leave this issue of self-love. Because I just keep remembering over and over that it's only by unconditionally loving myself that I can bring that to the earth. In the last weeks, I've been really challenged around that for the first time in a long time, where I've found it difficult to love somebody in my field and accept the. I mean unconditionally accept, unconditionally allow them to be who they are. And it took me several days to get to the bottom of what needed loving here so that I could then radiate a loving container around that person and see them evolving into the person I know they could be. So somebody is not acting up to their full, true self, full, enlightened self. And I can picture that for them and surround that with them if I can picture that for myself.

Alana Shaw:

And my fear of not being good enough got in the way, big time, of me allowing that love to flow out. And that was my heart contracted. Because when I don't love myself, that's the biggest contraction in my heart. That's where I really get tight. In all the trauma research they talk about these knots, these places that get tight and contracted and they bite down somewhere in your body and people can find them once you work with them. They can find those knots. They can feel them. It's like they can locate them. And the trick is to loosen that knot and let it flow again. And it's quite doable once we have identified it. So my "I'm not enough" knot had to loosen up, had to flow. I had to come back to knowing that I'm not only enough, I'm deeply, profoundly over the top enough. I am enough in every possible way any human being could be enough, as are you, right? To really open it up all the way.

Alana Shaw:

And then there was no effort at all to surround this person with my loving kindness, with my sense of, "They'll get there. They're on their way. They have their own journey. They have time to find their way to loving kindness." And I'm not in charge of them. I'm only in charge of me. I think in this instance I'd allowed my container to be broken by this person. I allowed them in - in a way that was not appropriate, was not helpful to them or helpful to me. I allowed a little tear in that love surrounding me. And I'm not enough, was that tear. And when that tear is there, that person's negativity can be absorbed and become my negativity and it's not mine. It's got nothing to do with me. So, I'm hoping this isn't too personal for people to be comfortable with. Because I think it's the only way I know to really describe the power of our own loving container around us that if it starts to go, we start to feel it leak, which will be self-criticism that will leak it, we're in trouble.

Suddenly, all kinds of other people's energies come right in, and I don't know who I am anymore. I'm all mixed up about what's going on. And I'm saying to Suzanne, "I'm trying to reset Suzanne, I'm trying to reset, but I can't." And I'm not trying. I am lost in the sauce. I've let this energy in. And once I come back to really honoring and loving me, that tear in that container just seals right up. It's like it just closes right

back in again. And that container is very permeable. People can love you and you can love them and you can learn and grow and evolve and share what you know and it's very permeable.

It's just not open to self-hatred. And according to the research from people all over the world, self-hatred is the strongest addiction on the earth right now. It used to be in the Western civilization, but we've shared it with the world. Because we are strivers. We want more, more and more. And that's okay. It's just what do we want more of that will change things. So my suggestion is more love, that that can make the difference for everybody around us. Esther and Jerry Hicks, the Abraham channel they say over and over, you got to want stuff. You got to desire. Because it's by desiring that we move the state of human evolution forward.

Alana Shaw:

Only through desire can we do that. If we don't care, we don't want anything and we're not hoping or longing or reaching or yearning, we're right where we are. All that stuff is good stuff. It's just has to be, as Heather was saying, cleared. Cleared of the critical voice. So a long introduction to signature sound, which many of you have done. Vicky Dodd taught us this beautiful system to create a sound container around our bodies. That is a bath of loving sound that comes from our own signature sound, sound of our own body. And that vibration vibrates all through our bodies and out around our bodies and ultimately clear across the mountains that are across the world. But we're just going to work on getting it around our bodies to start.

Alana Shaw:

It's very simple and I'm going to show it to you in my face before we do it. And then we're going to stand up and do it all together. The reason I'm going to show it in my face, if they haven't done it before it can be a little strange feeling. But the way you find... It's a hum. And the way you find your hum is, how do you say your name? And so, for example, my hum would not be a high sound, because if I talk to Lulu I don't say, "Hi, I'm Alana." I say, "Hi, I'm Alana." There's lots of different hums and hums of different kinds do different kinds of healing and they're all good. But this one is about that protective bubble around our bodies.

Alana Shaw:

I did this when I went into the doctor this week. I do this if I go into a hospital. I do this if I go into any environment where I feel there's an energy that I don't want in my body. You can do it silently once you get it in your body, just sounding. You'll just be able to do it in your head. So you say your name, Alana, Alana, Alana, Alana over and over again. And you eat it, you swallow it and you let become a hum. You take your name into your mouth so it's like, "Alana, Alana, Alana, Alana, hmmm]. And that's my tone. Does that make sense to everybody? So we'll start with just doing that. And then I'll talk you through a few little extra steps and we'll just play with it and you can't do it wrong. Whatever tone you make is fine. Any humming you do your body loves. Your body loves to vibrate. It is a vibrating thing this body.

Alana Shaw:

All right. So let's stand up just so we can come into our grounded-ness and go ahead and just feel the sense of the earth under your feet, that grounded support that the earth gives us. And sitting, if you like, is fine too, Stephanie. Works just fine. Just really taking care- This will be very healing for your body if

you do it very gently. Okay. All right. So find your name and find your hum and just play with it for the next couple minutes.

Alana Shaw:

Alana, Alana, Alana, Alana, Alana. You can unmute if you want to hear others or stay muted if you like the privacy. Alana, Alana, Alana, Alana, hmmmmmmmmmm. And once you feel like you have your hum, just let your hands float up from your sides and extend that hum out to the edges of your fingertips, fill your whole kinesphere, that circle around your body, front, back, sides, humming all the way out to your fingertips so you feel the hum circling you. Up above is great too, like Laurie just did down below.

Alana Shaw:

You can walk a little if it's more comfortable or stay still. Just letting yourself hum that hum all around you. [inaudible 00:20:46]. And reaching with your arms and seeing if you can make your fingertips tingle with the hum. So your arms are nice and straight, reaching out. So that there's that easy pathway. Hmmmmmmmmmm. Above and below and around and behind. Yeah. Crossing your hands across the front even as you weave it, beautiful. And if your voice gets tired, rest a moment and hum silently and see how that feels. And then come back to the vocal hum, going back and forth a bit. Beautiful.

Alana Shaw:

This is a move of empowerment, of strength, of knowing that you can create your own safety, your own container, your own bubble of love and positive and vital energy. hmmmmmmmmmm. And then do it silently and then come back to out loud, going back and forth. And pause whenever you want and then begin again. So I'm going to stop talking. I just would like you to play with it, sound in your head, sound out loud, pause and rest, move or don't move. Just integrate this more deeply into your body.

And keep going for just another moment and see if you can feel that loving energy extending out to anybody on the planet or in your room or on the Zoom. And then pull it back around you and then let a little go and then pull it back around you so that you play with the sense of releasing and containing. Releasing and containing. Releasing and containing.

Alana Shaw:

And when you're containing, you're not sharing it, you're just nourishing yourself. You can do it silently. You can do it with sound. You can do it with movement, with breath, very softly, or very vigorously. Playing with what works for you. Alana, Alana, Alana hmmmmmmmmmm. Yes. Just keep going just like you are and see what your dance is. Your dance of the sound of your body. Let it just evolve and move and breathe and sound any way you want. Feel your energy, your body resting into that which you are. And just very slowly in the next minute or two, find your close to this dance of your container, of your loving, vibrating body, taking your time to complete this exploration for now and coming back. (silence).

Beautiful. So did everybody feel like they found that somewhere in their body and in their voice? Anybody want to share anything about it? It's pretty peaceful looking bunch out there right now.

Suzanne Palmer:

I just thought I'd share a little memory from learning this from Vicky and it came to my mind as I was doing it. Which was walking in the room before we did that and just noticing how we were influenced by other people's energies and then creating that bubble. And then walking in the room and just how much more spacious it felt around my body and actually feeling that space for myself as a really physical

kinesthetic experience. And it was just very cool and I had that same... I loved your direction to have the vibration go out to your fingertips because I could really feel that all the way down through my whole body. It was really sweet.

Alana Shaw:

Yes. It really is about creating space for yourself. That is really what it is. That's another way to look at it for sure. Thank you. Other comments?

Steph:

I've used it for that in the past too to just give myself a little bubble of protection. But this time since I'm healing I did that and then I took it back in all the way to my body, to the core of my body. And that just felt really magical to be able to have it here and here all at once.

Alana Shaw:

Mm-hmm (affirmative). Beautiful.

Steph:

It's a nice way to keep stepping into my healing.

Alana Shaw:

Mm-hmm (affirmative). Beautiful. Yeah. Because the sound is coming from your core. So it is in both places at once. That's nice Steph. That's beautiful.

Anna:

I really love that. So I do this on a regular basis where I set a container around me, but the use of sound made it more real and it just felt really lovely to me and tender. Because the sound was making it actually happen. Yeah, this is really around you. So I love that. Thank you.

Alana Shaw:

Yeah. I like the word tender. I think it is a tender thing. And what you're saying is so important, Anna, because when you make the hum you actually do send a field out around your body. It could be taken a picture of. We're not making it up. That's what's so exciting. So you're absolutely right. The sound actually fills the space around you vibrationally if you ask it to. If you play with this, you can ask the sound to go to here, to here, to here, to here. You can ask it to go above or below. It's amazing. You can move that vibration around and after a while, you begin to feel how you can shift it. So that's very powerful what you said. It is a palpable truth. It is something filling the space-

Anna:

Yeah. I will play with that because that's a lot of fun.

Alana Shaw:

Yes, it is fun. It's really fun. I mean, I do this silently often when I'm heading into a situation where I have started to not think I'm enough, not to feel safe in some way. And I just come back to myself that way. It aligns me. It's like "I am here, and I know who I am." It's a similar thing for me. I arrive back in my body.

Because, anytime we're afraid, we are out of our bodies. So any tool you can use to get back in your body, hurray. Yes, Laurie.

Laurie Clark:

I haven't done it with the sound, but often when I'm driving and I'm feeling nervous about the traffic, I will create a bubble around the car. And I think with sound would add something to that.

Alana Shaw:

Yeah, definitely. That's really wise.

Lulu:

I just saw your little car and you going down with a golden egg of light around it. Almost floating down the street, with sound just coming out. I love it.

Alana Shaw:

That's beautiful. And it's also true that if you let your eyes see what is there. People say how can you read auras? Everybody can read auras. It's simply a matter of I'm willing to see what's there. You would see that golden light around Laurie's car. I guarantee you. That's beautiful.

All right. Well, this is so fun being with you all, I have to say. It's such a fun energy. I love what Heather said, that sounds like fun to play with moving it around. The other thing we've done, and then we're going to move to the next thing here, is once we have gotten ourselves fully contained and sounded, you can put your hand on somebody else's body and send some energy right into their body. And often your hand will be drawn, if you just let it go, right to some place that's giving them pain or that has a contraction.

And you can just follow your hand and hmmm. And then, like Stephanie was saying, bring it back. Bring it back and sound it in your own body for a while. Renourish, refill and then share. So it's over and over. We keep talking about as coaches, looping, looping, looping. As a massage therapist says, doctors, it doesn't matter what you're doing, the more you loop the more you stay in health. So, you give and you receive and you give and you receive energetically.

So, open your notebook right now, or Abbey will put this new tool in the chat for the new tool called "The Journey to Joy. And it's in the notebook if you want to bring it up in your notebook or Abbey will put it in the chat, and or.

Alana Shaw:

And it's a really simple... Half of it came from Jean Houston, who is constantly, constantly just taking you when you work with her to such ecstatic places that you hardly knew you could go there. She has a magic ability through language to take you to joy. So some of these questions I borrowed from her. Not exactly how she said them but I want to credit her. She's a great, powerful, I think almost 90 year old woman teacher on the earth right now. I recommend doing anything she's doing, anything she's teaching. It's all eccentric. It's all outside the box. It's all beyond the beyond and so valuable. So just want to give her some credit here. She definitely took me on a journey to joy for sure many times. So you're going to divide into pairs and you're going to basically do a gentle coaching with each other.

Alana Shaw:

So you're just going to go back and forth with each other, however it is for you, however the flow is. You might both answer the first question or you might look at it. Lulu might say, "I like this one. I'm going to answer this one." And Heather might say, "Well, I'd like to answer the fifth one. That's the one that's calling to me." You don't have to go through the whole thing and do every one of them. There wouldn't be time. But just see what you learn about each other and yourself as you scan these questions. "What do you imagine a lot?" is really different than what do you like to do in the morning. One person might be drawn to one thing and another person to a different one. I use these questions a lot when I'm working with clients, and I don't usually give them the sheet and make them answer everyone, although you can.

Alana Shaw:

There are people who like to learn that way. They want to homework and they want to take it home and fill it out and bring it back and that's good too. But when somebody feeling stuck - You say, "Well, tell me something you like about yourself or something that gives you joy." And they say, "I don't know, nothing. I can't... I guess, well, I like to eat in restaurants sometimes. But lately I haven't even liked that." They start there and you say, "Well what do you do in the morning that you like to do in the morning? Is there something that when you wake up that gives you pleasure?" Or you say, "Well, what do your dreams tell you that you love?" You take them away from, "I don't know" because they do know in there somewhere.

Alana Shaw:

And so these are questions you can use to help somebody guide somebody. They're like the wonder questions. These questions all weave together. But these are more directly joy questions.

All right. How about we do a trio and the rest in pairs? And we'll do 15 minutes and then we'll take a break. So we'll do 15 minutes and come back and share a moment and then take a break. Is everybody okay with another 15 before break? Everybody okay? Of course, you can always take a break if you need to for yourself.

And somebody will say something that might give you an idea, write it down. This week I'm going to do that. That sounds really good. So it's that community feeling. In fact, I just realized how about we just do three threes? That'll be more fun, more energy. Okay. So 15 minutes, three groups of three and enjoy it. Have fun.

All right. Did we make the journey to joy? Did we get there? This is an example for me of sometimes I think the best tools are embarrassingly simple in terms of what is the question you can ask. And so the whole idea of conscious body coaching is really coaching by inquiry. It's really coaching by question. A powerful thing. So anybody want to share anything before we take our break?

Perry Smith:

I was saying the same thing. Let's say it together.

Anna:

Okay. I felt inspired by my people because the way they were talking about what makes them flow, I could just feel it. And I was like, yeah, that feels really inspiring.

Alana Shaw:

Beautiful.

Suzanne Palmer:

I was just going to say for our group similar thing. It just felt like it snowballed, just feeling resonance with what other people said and piled on, built up.

Alana Shaw:

Puppy pile of joy.

Lulu:

I'm just sitting feeling like I wish every dinner or party conversation was like that. It's just so satisfying and so heart filling and so joyful. And I think a lot of conversation isn't dancing in that realm-

Lulu:

I don't think a lot of conversation dances in that realm. I mean, it does with people you really have that heart connection with. But I just found that really beautiful. I want it to be like... I want to have those conversations all the time. They're selling a lot of things now in the market that are like cards that people look at to know what to ask each other, to have intimate conversations.

Alana Shaw:

All right. Let's market it. Well, Laurie, did you want to make a comment or Perry with some... Perry, what were you going to say?

Steph:

I was just going to say I think had I just looked at these and journaled about them myself, I love to write, I love to journal and I would've gone a little bit different direction. And maybe not as meaningfully deep in a way as I could by sharing with the two others.

Alana Shaw:

Beautiful. Yes. I do give it to people who like to journal as a journal exercise and then they bring it back. The power of snowballing can go down the hill or up the hill. So you have that option - to things are heading down the hill, which God we could do in one second here. I can put five topics on the table that we can get hopelessly depressed about. And when that's happening, rather than saying, "I don't want to do this, stop this, stop this." Which can shame people. You can just say, "Wow, what do we wish for? What do we want it to look like? What are we hoping?" that we can create, what is the vision of what we want it to be and turn it into? Or what do you wish for in your life? What in your life are you wishing for right now? Anything. I love to see what happens to the conversation when I ask a question like that. In terms of it's all there, all of it, the whole spectrum is there.

And it doesn't mean we don't grieve, and we don't feel what we feel or we don't have moments of deep negativity and sorrow. That's all part of being human. The question is, are we hanging out there a lot more than we need to? Which in the Western civilization is probably yes for all of us oddly enough. So it's a fun thing to play with in the week ahead to see how many times you head down and how many times you can turn it around the other way with a self question. And what does that feel like? What does that do? Make it like a little homework assignment. All right. I love you guys.

Abbey

Yes. So I just wanted to share with you all an update about the notebook. The notebook because we had talked about grouping the tools and referencing the tools, whether that's in the notebook or the transcripts. So I am currently working on combining the tool list and the index, so it's one big list and has references for everything in there. I'm going to also put the index at the very beginning of the notebook. So what's going to happen is the current page numbers will change because I'm going to move things just a little bit. And so I definitely apologize if you printed your notebook, those numbers are going to change. And I'm happy to help send you individual files to print those to get to your notebook to add on. And also just really appreciating all of you as this is our pilot class. We are learning a lot about how to set up this notebook. So this whole class it's a work in progress for us to find the best way to set it up for everybody. So I'll be working on that the next few days and I will send out an email once everything is re-updated. And just wanted to let you know things are going to change a little in the notebook.

Steph:

And Abbey, I wanted to ask a question, what's the best way if we're working with a client to take a page and be able to send it to them electronically if we're working with them remotely? Or is there an easy way to do that or would I have to save it as its own little PDF and then send it? Or how would that work?

Abbey Dubois:

That's a good question. That's a really good question-

Alana Shaw:

It would definitely just save it as its own PDF. Abbey, let's explore that because that's an exciting question, if there's a way to make that easier. I just pull them out into their own document but Abbey's been doing some really tricky things lately. So she might figure that out. So great question Stephanie. Many of the tools you're just going to have in your notebook and you're going to have them with tabs, which is what I do. And you'll just use them right there in front of you on your desk. But you don't really always hand the tool to the person. But some of them it's really exciting to just let them have a whole week to journal and then come back and have a session about it.

Steph:

Yeah. I was going to share the praise poem or something like that where they would want to have it.

Alana Shaw:

Well, we can definitely give you individual files for those things at the end of the class even. Yeah. What is the work in progress just so nobody gets confused, it's not the class itself, but the notebook. How to present this and organize it so it's the most accessible for you. So I just appreciate your patience with that. Thank you Abbey.

We're going to turn towards a very intense healing process now that you'll need to spend some time with this next couple of days and we're going to coach each other with it on Thursday. This is called breathing the mother's breath. I have had people make more breakthroughs with this tool than any single other thing I've ever used in groups and in individuals and it's really powerful and it's very intense.

I loved, I think it was Anna who said the word tender, to stay tender with yourself with these kinds of exercises. Because you're not doing them with me there with you holding you. You have to put your signature sound, create your container. Or if you feel like you would like support, then you text me or text Abbey or text Laurie or text anybody on this call and say, "Would you be with me while I go through this because it's intense for me?" Somebody else might say, "This is not a very big deal for me." But reach out for support if you need it. So many of the stories that we're living today in our lives began before we were born while we were in our mother's body. So when you were in the womb you breathe each time your mother breathes and you receive your oxygen directly from her. And you're being imprinted with her patterns of breath, which are tied directly to the quality of her life in that moment that she's in.

If she's stressed, you're breathing her stress. If she's frightened, you're frightened. And you experience the breath of fear as a fetus or lack of breath if she is smoking, for example, which cuts off the oxygen to the baby or holding her breath in fear. And if she's calm, you're receiving that calmness. You receive all of her emotional experiences and you communicate with her through your senses, which are fully developed by 28 weeks. As are the parts of your brain that connect you to your emotions and to your memory. So your memory is starting at 28 weeks and probably before, that 95% memory is already getting in place. And this can be wonderful because you could feel her love for you and her attachment to you and her joy and her successes in her life and her joy in being pregnant and her love for your siblings and your father.

Or just her enjoyment of the sunset in the evening goes right in your body. And you also feel her anger, her longing, her sadness and her unhappiness. Basically everything your mother experiences, thinks, feels, responds to, is a very intimate part of your experience as well. So if she is still living the life of her mother or grandmother, that her grandmother longed for or her mother longed for or the life her mother wanted her to live, which is very much what we do, then she's carrying that legacy forward in her body and handing it to your body. So this is a big part of how the old stories of the generations before are handed down well before your birth and well before you have any choice. These memories and stories are embedded in your tissues. And I believe so deeply that one way, one pathway, one possibility of creating your own true story is to begin conscious practices that separate you from the patterns of your mother's breath and the stories that she has handed down to your body.

Alana Shaw:

I realize this is a lot but it's powerful stuff. So I remember, for example, when I was about 10 years old, my very, very fundamentalist Christian grandmother came visit from Southern Illinois. And she was very upset that my brothers were drinking beer and that my mother allowed us to play cards and that we did not pray together each day as a family et cetera, et cetera. And she had this huge fight with my mother, screaming fight, and she was yelling that we would all burn in hell. So I was this little 10 year old hearing that I was going to burn in hell. And I remember being actually terrified that I was going to burn in hell and not even sure what that meant. But I knew it was bad and that it was for bad girls like me because grandma said we were bad. I got to see how stressed and unhappy my mom was and how much she wanted her mother to approve of her and love her. So I tried really hard to be good so my grandmother would think that my mother had done a good job with me.

You can see how it turns on itself. I was trying to breathe my grandmother's breath for my mother. So my mother was breathing my grandmother's breath and I was breathing my grandmother's breath and my grandmother was breathing her mother's breath. But somewhere along the way, just to give a happy ending to the story, my mother had begun to breathe her own breath. Maybe because she left Southern

Illinois and moved to Colorado. And though she felt the pain of failing her mother's vision for how she should live her life, she had begun to find her way into a different story that was at least a little closer to her own. So every time she let go of one of the pieces of her great grandmother's, grandmother's and mother's script, she released me from those pieces as well. So I'm so excited by this work because as you turn very lovingly, very gently, very tenderly towards those old stories, both the ones that work for you and the ones that don't, you free the next generation to breathe their own breath.

Alana Shaw:

Your children and your children's children and your friends' children, the members of this new generation that's emerging on the earth, they'll need to find their own stories. And if you release yourself from the generational stories, then you'll release them and you'll be willing to talk to them about it. You'll be willing to say, "I did this with my life because I was breathing my mother's breath but I'm not doing that anymore and you don't have to breathe my breath. I free you to find your own story." And it isn't just the mother because we're all mothers to all the children on the earth. And all the children we work with are breathing the mother's breath. The mother's breath is the cultural story. It's being handed down and handed down and handed down. And as you release that you fall even more passionately and enthusiastically in love with yourself, which is what we want to do.

Alana Shaw:

We want to just fall so deeply in love with ourselves that just looking at your face in the mirror gives you pleasure. It's like there I am in all of my beauty, in all of my vitality, in all of my generosity, in all of my loving kindness, in all of my evolutionary impulse. There I am. That's a great way to start the day too. Great morning practice.

All right. Here's what I want you to do. There's a page in your notebook called letting go of mother's breath. It's two pages and I want you to answer all of the questions on it that you can and that you're comfortable answering. So some of them might not make any sense to you, but they will as we work them together.

Alana Shaw:

Like the first question is, "what do you remember seeing on your mother's dresser when you were a child?" It is a very interesting way to access memories. What was on that dresser, and was I allowed to touch it and did I get excited by it? And did I want it for my own? I remember my mother's hairbrush and her brushing her really long, black hair being a moment of great pleasure for me because she was loving herself in that moment. So there's memories. And some of these questions, as I say, may be hard and you might want to reach out for support or not answer them at all. And then the process that we are going to go through together - that you will do with each other actually - are what are all the ways that you can appreciate and love and have gratitude for your mother and everything she brought to you? And what are the things that you want to give back to your mother that don't belong to you and that you don't want to carry forward in your life?

Alana Shaw:

And some people say, "Well, I don't want to give back. That feels unkind or mean." But it's not like that. It's honoring that that was okay for her. That was her journey. It was her evolutionary journey, learning what she needed to learn for her journey. And so you can give them back because they're already hers. They already belong to her.

So we begin with what we thank our moms for. What do you want to carry forward for yourself that you learned from your family, from your mother, from that time in history? Because no matter how good or bad our moms were or where they were on the spectrum, there will always be things that we're really grateful for and things we'll just like to give back. And remember we partly want to give them back because that was appropriate and relevant for that person's time in history. We have Ken Wilbur's graph of the development of humanity going up this side and the development of the individual going down this way on the graph. And they intersect. So we do have a history of humanity and we have evolved since our mothers were on the earth and we have evolved personally.

Alana Shaw:

And so there's a conjunction there where we allow our mothers to exist as they existed in that time in history while consciously releasing some of the ways that we have carried forward their story that we don't need anymore. So questions, worries, kickback. Is everybody willing to wade into this and ask for help if they need it? Thumbs up if you're willing to do this. Yeah. I just want to be sure. I want you to be willing to ask for help if you need it. as deep as you want and see what... If you wait until it feels good and like a great exploration and like it's rich for you and you're really actually enjoying the exploration, then you can stay with it. And if it's hard and difficult then do what you can do and bring it back and we'll work together because that's what we'll do, we'll coach each other.

Alana Shaw:

Questions, worries, comments. Everybody okay? That was a lot of information. All right.

So now, the next thing that I'm going want you to do week after this, just to give you a heads up to think about it while we do this next closing exercise. So think of something in your life that is wanting to grow or blossom or have energy or get loved and think of how you might visually make that happen on a vision journey.

Alana Shaw:

So if I was thinking, I really want to grow in my knowledge that I'm enough, then I would make up a five-minute journey that would help me... If I was guiding me, if I was coaching me, what would help me visualize being enough? So I might take myself to a beautiful place and I might put a circle of women around me who all praised me for my "enoughness." And I might go to the ocean and ask the great spirit to bless my "enoughness" and I might make up any journey I wanted to, and it wouldn't have to be long, to serve my deepening into my knowing I'm enough. So the idea obviously is you're working with somebody as a coach and they are having an issue come up and you've tried some different ways, questions and listening and it's not moving much.

Alana Shaw:

You might in the moment make up a journey for them, take them someplace out of the moment they're in to some beautiful place and help them heal that part of themselves through a visualizing vision journey that you take them on. Yeah. So I want you to be able to make those up for people, which you can already, all of you. This is about the most creative circle of people that ever was on the planet.

I'm just going to take you on one now to close - a nice long Shaman's journey into the light. A healing journey for you. Partly as a thank you for you, for all this attention and focus and interaction and willingness that you keep bringing to the table. And also, so you can experience a long journey. So I use these journeys a lot in all different, small, big, middle, long with people. And for some people, it's the

breakthrough. So that's all we're looking for. Enough tools in your basket that you'll find the one that's the breakthrough for that person.

Alana Shaw:

All right. Nice deep breath everybody. This is a moving journey into the light. Let's just start with walking in your room and feeling the sense of where you are right now in your body, in your room. How does it feel right now to be you? We want to bring our energy together as a group so we can radiate light inside us and outside us.

How can we say yes to ourselves? How can we say yes to our divine light beings? How can we join the light that is inside and is always there and remember our true nature? Remember that we get to keep imagining the world that we want? The universe only has a voice through us. We are the voice of the universe. We are the carrier of the energy of the light of the universe. As you're walking, just let that light shine in your cells, letting the electromagnetic waves that are alive in your cells awaken the light in you. Beginning with those cells that are so willing to shine the light, to fire the chemicals of positive, loving, divine light.

As you are going, on your own time, just turn towards your very gentle light dance inside and let your body impulses express that light. However that is for you, feeling the light energy that is inside you and surrounding you and just move and breathe with the loving energy of your own light. I will put Jesse's music on. (silence).

Just remembering that everything is made of light. We are all light beings and visualize opening the cells of your body to the life giving energy of the light of the stars. Gather that light from the stars, feeling your direct link to the stars, your body to star body, and move with that starlight. (silence).

Alana Shaw:

Now just as you're moving with that starlight, let it flow right into your heart. Let that light fill up your whole heart, remembering all that is there to hold you and support you. The glowing energy, glowing shining energy from these celestial beings. It's always streaming light on you all the time, illuminating all the corners of your goodness.

And as you feel the power of that light, let that energy flow through your whole body until it overflows through your fingertips and radiates out to the world and then pull it back again. Hold it deeply consciously in your center core of your body. Fill it, fill it and fill it until it releases some and flows out onto the earth. (silence).

Alana Shaw:

And now, as you feel the power of that light in your body, consciously bless the earth. Send your light to the oceans and see it illuminate and ride the waves. See your light flowing over the waves and your body flowing with the waves, the rushing rhythmical, even beautiful rhythm of the waves.

Maybe you send it to the trees and let your light be carried on the soft winds or on the wings of the birds lifting out of the trees, so your light is carried by the birds. Maybe you put your light into the clouds and let it float free over the mountains on the clouds.

Alana Shaw:

Shine your light in the wild meadows filled with fragment flowers or with children playing in those meadows. Where do you want your light to go? Where do you want it to shine? What do you want to carry your light to the earth? Maybe sending your light to all the mothers and fathers across the world,

holding their babies close, dancing the beauty of the earth and all living beings in every way that comes to you in this moment, just following your body as you shine out the light of your gratitude.

Maybe you want to sing the light sound, breathe the light out to the heart of the world. And as you're bringing your light dance down to the ground, come back home to your inner light, dance your praise to the ancestors and the praise for your body. Dance the praise for your beating heart, for your deep knowing, for the love and service you bring to the earth, gathering your healing light and letting it move gently through all the cells of your body.

Alana Shaw:

Remembering that light always dissolves darkness, and that stars are always shining their unconditional love down through all layers of our consciousness, illuminating our practical knowing, our spiritual journey, our psychic awareness, all the way down to our pure essence self, to our deep divine being and just find the close to your dance in the next several minutes.

Now dropping deeply into the restfulness of your deep divine being where nothing needs to happen at all, all is well. Let yourself just flow with that divine being in you, feeling the illumination and the love and the ease and the rest. Cradling all that is beautiful about you in your heart. (silence).

Very, very slowly as you're ready, come back to your screen, taking your time to bring that starlight energy with you and staying quiet in your own body. And let's just stay right where we are and just send each other love with our hands and say soft words of loving kindness, whatever words that are coming up for you. And we'll just close and I'll see you on Thursday.

Gentle, kind, love, open heart.

Suzanne Palmer:

[crosstalk 01:25:30]. Beautiful, knowing wonderful, joy.

Alana Shaw:

Unmute and put a little bit of your sweet voice in just as we close together.

Thank you. See you Thursday.